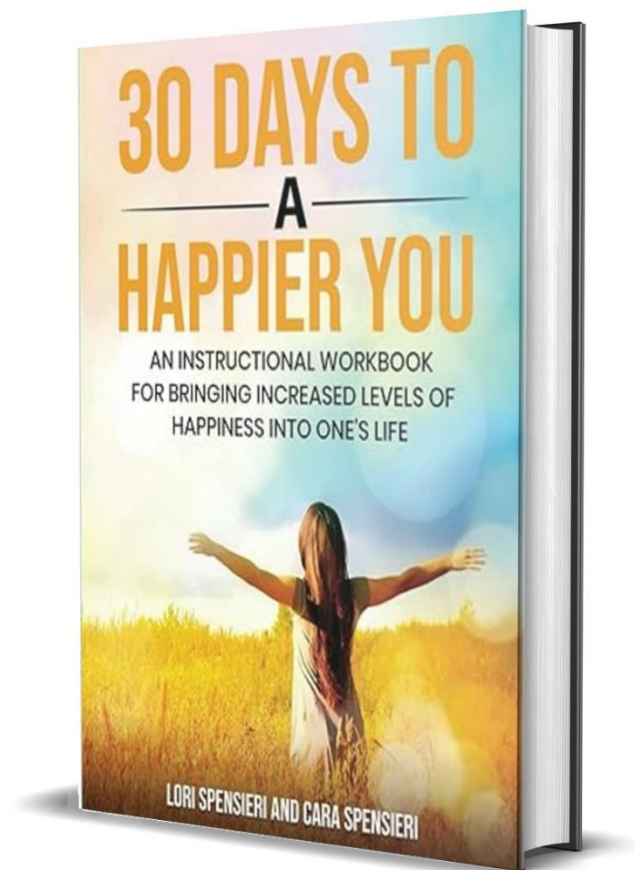


30 Days to a Happier You: An instructional workbook for bringing increased levels of happiness into one's life.



"30 Days to a Happier You" is a guided workbook designed to help you find more happiness and mindfulness in just 30 days. Each day introduces a simple method to boost your well-being, with information, small tasks, and a space to reflect on your results. At the end of the 30 days, you'll use your recorded feedback to create a personalized happiness plan that works best for you. It's an easy, practical way to build a more joyful and mindful life that can be maintained over time!"

[Click on the book link here](#)